



# Troop Tidings

September, 2015  
Volume 12, Issue 9

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**Troop 805**  
**Danville, CA**

## New Troop 805 Eagle Scouts

Please join the Troop in congratulating

Garrison Wong

Vishnu Peri

Will Ruskin



on achieving the Rank of Eagle Scout. Great Job, Gentlemen!



## Parent Meeting – September 15, 2015

*By Dr. Laubach*

Our first fall Parent meeting will be Tuesday September 15<sup>th</sup>, right after flags. We will meet at the library. We welcome all families to attend!

## Fall Scout Skills – September 18-19

On September 18-19, the troop will be holding an overnight stay on beautiful Mt. Diablo. This trip is close by, and a great way to learn new skills, especially if scouts want to achieve requirements for advancement.

The event will begin Friday afternoon and end with lunch on Saturday. The event is sure to be fun and educational!

## School Supply Collection Drive

*By Joshua Laubach*



**Date: Sunday September 13<sup>th</sup> & Sunday September 20<sup>th</sup>**

**Start Time: 09:00 AM**

**Meet at: Woodranch Clubhouse parking lot**

This event is part of the Joshua Laubach's Eagle Project. Joshua is collecting School supplies for the underprivileged children in Oakland. Let's do our part to make a difference. The first day, we will go door-to-door dropping off flyers. The second day we will collect and deliver the school supply items.

**We will need to have many drivers** to take the scouts around and pass out the flyers & collect the school supplies. Please consider helping out. It will be much appreciated.

## Advance Camp



This year's one day Advance Camp gives scouts the chance to work on earning/completing two out of 60 choices of Merit Badges. [Join](#) over 2,000 fellow scouts on 9/26 for this huge event!

## This Month's Theme: Rocking It

### Outings

#### 9/11 Memorial Service

**When:** September 11

**Where:** Oak Hill Park

**Adult in Charge:** Mrs. Kim

**Patrol in Charge:** Order of the Arrow

#### Mt. Diablo Overnighter

**When:** September 18-19

**Where:** Mt. Diablo

**Adult in Charge:** Mr. Marshall

**Patrol in Charge:** Cobras

**Permission Slip Due:** September 8

#### Advance Camp

**When:** September 26

**Where:** Contra Costa Fairgrounds

**Adult in Charge:** Mrs. Kim

**Patrol in Charge:** Dragons

### Meetings

September 1 – Troop Meeting

September 7 – Labor Day / No School

September 8 – Troop Meeting

September 15 – Troop Meeting

September 22 – Troop Meeting

September 24 - Roundtable

September 29 – PLC / BOR

September 10 – ASM Meeting

## Black Diamond Mines Campout

On October 10-11, RGB is sponsoring a one night camping trip to the Black Diamond Mines. The Black Diamond Mines Regional Preserve is a 6,000-acre park located north of Mount Diablo in Contra Costa County, California under the administration of the East Bay Regional Park District.



This is a one night camping with tour of the Hazel-Atlas mines and hike around the remains of twelve coal mines and the sites of five long-gone coal mining towns. The cost is \$35, and includes campsite and a guided tour of the mines. You'll learn how coal helped enable the settlement and growth of Northern California. Bring a light jacket or sweatshirt to the tour as the mines are quite cool, even in the summer. Permission slips due September 15, and space is limited to 35 participants.

Complete information and permission slip [here](#).

## October Court of Honor

The October Court of Honor will be held Tuesday October 6 at Sycamore Valley MPR. Pizza, salad, drinks, and small desserts will be served.

Dinner costs \$5.00 per person. Money will be collected at the event. Check your email for the evite and RSVP ASAP.



## Popcorn Sale Help Needed

The annual BSA popcorn sale is about to begin. Scouts who sell popcorn earn commissions that can be used for camps and other scout activities. We are looking for an adult volunteer to help out this year and possibly take over in 2016. If you're interested, please contact Karen Alexander at [karen.alexander@ymail.com](mailto:karen.alexander@ymail.com).

## Greetings

*By Mr. Morrow*

Hello Troop 805! Beginning this month, I will be editing the newsletter. Big thanks to Mr. Dougherty for providing me with so much information regarding what has to happen behind the scenes to produce a quality publication. I hope I can eventually achieve the level of quality (and punctuality!) that he has delivered.

On behalf of the troop, I'd like to say Thank You for your service Mr. Dougherty!

## Next Month's Theme: Haunted

### Outings

#### October Court of Honor

**When:** October 6

**Where:** Sycamore Elementary

**Host:** Troop 805

**RSVP:** Evite

#### Black Diamond Mines

**When:** October 10-11

**Where:** Black Diamond Mines Regional Preserve

**Adult in Charge:** Mr. Huen

**Sponsoring Patrol:** RGB

**Permission Slip Due:** September 15

#### USS Hornet

**When:** October 24-25

**Where:** USS Hornet Museum

**Adult in Charge:** TBD

**Patrol in Charge:** Goodmen

### Meetings

October 6 – COH

October 13 – Troop Meeting

October 20 – Troop Meeting

October 22 - Roundtable

October 27 – PLC / BOR

October 8 – ASM Meeting

## Educational Series: Rocking It... September 2015 Theme

### The 10 Things You Need to Know Before You Go Rock Climbing

*By Dr. Laubach, Adapted from Boy's Life & Greatist.com*

Hiking-sure. Biking-no problem. But rock climbing? That's one athletic adventure that has always seemed slightly beyond our reach. Dangling 45 feet from the ground, held only by a rope, sounds like a feat of Herculean strength we're not sure we possess.

But it turns out, scaling the side of an indoor climbing wall is actually a lot less scary than we thought. "Climbing is a very welcoming and accessible sport for beginners," says Alex Johnson, a professional climber and five-time U.S. national champion. The No. 1 most important thing for beginners to keep in mind? Don't feel intimidated. "It's easy to get discouraged—it happens to everyone—but the best way to improve is keep trying," Johnson says.

Plus, clinging onto a wall for dear life is more than an adrenaline-pumping adventure—it's a serious workout too. Research shows rock climbing can provide an aerobic workout, build upper-body strength, and maintain cardiovascular fitness. Plus, figuring out the best way up the wall gives your brain a mental workout as well.





Ready to try some Spider Man-style moves yourself? The advice below will help you walk into your nearest climbing gym feeling totally ready to hit the ground running—er, wall climbing. (Note: These tips are helpful to keep in mind, but an introductory class from a certified instructor is essential for any beginner.)

### 1. Pick your poison.

There are several types of climbing. Try them all to see what floats your boat. Top-roping (or rope climbing) with a belay partner allows new climbers to cover a lot of distance on the walls. No partner? No problem—use an auto-belay.

If you're afraid of heights, bouldering—rock climbing without ropes—is a great option since the walls are shorter. (If rope climbing is long-distance running, bouldering is like sprinting).

Finally, in the great outdoors, you'll do either sport climbing, where the climber follows routes that have pre-placed anchors, or traditional (trad) climbing, where the climber places his own protection along the route. (As you likely guessed, trad climbing isn't for beginners.)

### 2. Get geared up.

Proper footwear is key. Softer climbing shoes is often recommended, so you'll be able to get a better feel and grip on the wall. Skip socks if they're your own shoes, and wear thin ones if you're renting. For bouldering, the only other piece of equipment you need is a chalk bag, and you're good to go. For top-roping, climbers also need a harness, lead rope, chalk bag, carabiner, and belay device— all of which should be available to rent at your climbing gym.



### 3. Learn the ropes.

So you've got the gear; now you have to learn how to properly belay. In fact, climbers have to be belay-certified before hitting the wall on their own, so taking a class is essential. Belaying is really about getting into the groove and learning the muscle memory.

Translation: Reading up on belaying isn't going to be a huge help. But here are the basics you'll learn in an intro class:

Tie a figure-eight and fisherman's knot to secure the lead rope to the belayer's harness.

Keep your right hand (or left hand, if you're a lefty) in break position (sometimes called home base) below the belay device—and don't let go!

As the climber ascends the wall, they create slack, so the belayer has to pull it through to catch them. Pull slack from the climber's side by pulling down with your left hand at the same time you pull slack up with your right hand, then come back to break position. (Think: Up, down, pinch, slide.)

Never let go of the rope with your right hand. Your left hand is just an assist—you really want to pull more with the right.

### 4. Choose your route.

Top-roping routes will always start with a five, followed by a decimal point, and then another number that corresponds to the difficulty level of the climb. Routes labeled 5.5 or 5.6 are beginner routes, and the higher the number after the decimal point (like 5.12), the harder the climb. Bouldering routes are rated by the V-scale, starting with V0.

Once you've selected a path, begin with both hands on the start holds (usually labeled with two pieces of tape), keeping your feet off the ground. Then follow the same color route up the wall. (Going off the color is actually cheating.) Some routes won't have two footholds at the start, so you can just keep the other foot against the wall when you begin.

### 5. Engage your core.

It seems like climbing would require serious upper-body strength, but your core strength is actually most important. Experience in sports like gymnastics, yoga, or Pilates gives first-time climbers a leg up. Other necessary body parts you'll need to recruit are your fingers, hands, and upper body (arms, shoulders, and back).



### 6. Keep your arms straight.

Think about how you carry groceries—with straight arms. It'd be far more tiring to carry them while bending your arms, and in the same way, climbing becomes more efficient when we keep our arms straight. At the same time, try to keep your legs bent, which makes it easier to push yourself up with your lower body.

### 7. Plan your climb.

It's a smart idea to sequence the hand movements and identify all of the footholds on the wall before your start your climb. Climbers will often mimic the hand movements to identify the correct (or most efficient) order in which to use each hold while they're still on the mat. As you gain more experience, you'll be able to read sequences better, which is considered a great skill. Also try looking for clues: Which holds have chalk on them (to tell you where other climbers been placing their hands) and which have rubber marks from shoes?

### 8. Learn the lingo.

When climbing or rappelling, it's very important for the person on the rock to communicate well with his belayer. To do this, they use "calls."

Here are some of the generally accepted signals for belaying climbers and rappellers.

### Signals for Belaying Climbers:

- "On Belay?" — Is the belay ready?
- "Belay on." — Your belay is ready.
- "Climbing." — Here I come.
- "Climb" or "Climb on." — Come ahead.
- "Slack." — I need some slack in the rope.
- "Up rope." — Take in the loose rope.
- "Falling!" — I'm falling! Brake the rope!
- "Tension." — Hold the rope tightly in case I fall.
- "Got you." — There's tension on the rope.
- "Ready to lower." — Lower me down the route.
- "Lowering." — I'm letting you down now.
- "Rock!" — Look out for falling objects.
- "Rope!" — Rope being thrown down.
- "Off Belay." — I'm in a safe place and no longer need a belay.
- "Off Belay." — I'm no longer belaying you.

### Signals for Belaying Rappellers:

- "On belay?" — Is the belay ready?
- "Belay on." — I'm ready to belay.
- "Rappelling." — Your belay is ready.
- "Rappel on." — Go ahead.
- "Falling!" — I'm falling! Brake the rope!
- "Off belay." — I am done rappelling and am in a safe place.
- "Belay off." — I'm no longer belaying you.
- "Off rappel" or "Off rope." — The rope is free of hardware and is ready for the next rappeller, and I am in a safe place out of the fall zone.





## Climbing Merit Badge

By Dr. Laubach, Adapted from *Boy's Life*

Did you know that BSA has a climbing Merit Badge? Climbing is not a sport that requires tremendous muscular strength; it demands mental toughness and the willingness to practice hard to master a set of skills. The adventure of climbing can also provide a new way to enjoy the outdoors. Below are the list of requirements:



### 9. Take a (safe) leap.

Coming down from the top of the wall can seem scary at first, but as long as you've taken all the proper safety precautions, you'll be fine. And it's actually pretty fun! When you're ready to come down, alert your belayer ("lower"), straighten your arms, keep your feet against the wall, and let go with your arms. Think "feet first" so you can push off your legs. It can be safer and less harsh on your knees to try to climb down the same way you climbed up, rather than bounce against the wall.

### 10. Prepare before going outdoors.

Rock climbing in a gym is a completely different sport than climbing outside. Grades are going to feel a lot harder outside than inside. Plus, you probably won't have access to trained instructors and the outdoors is a less-controlled environment—you're at the mercy of weather conditions and natural holds. But when the time comes, as long as you take the proper safety precautions and communicate well with your partner, heading out can be way more fun than climbing indoors.

## Requirements

Do the following:

Explain to your counselor the most likely hazards you may encounter while participating in climbing and rappelling activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Show that you know first aid for and how to prevent injuries or illnesses that could occur during climbing activities, including heat and cold reactions, dehydration, stopped breathing, sprains, abrasions, fractures, rope burns, blisters, snakebite, and insect bites or stings.

Identify the conditions that must exist before performing CPR on a person.

Learn the Leave No Trace principles and Outdoor Code, and explain what they mean.

Present yourself properly dressed for belaying, climbing, and rappelling (i.e., appropriate clothing, footwear, and a helmet; rappellers can also wear gloves).

Location. Do the following:

Explain how the difficulty of climbs is classified, and apply classifications to the rock faces or walls where you will demonstrate your climbing skills.

Explain the following: top-rope climbing, lead climbing, and bouldering.

Evaluate the safety of a particular climbing area. Consider weather, visibility, the condition of the climbing surface, and any other environmental hazards.

Determine how to summon aid to the climbing area in case of an emergency.

Verbal signals. Explain the importance of using verbal signals during every climb and rappel, and while bouldering. With the help of the merit badge counselor or another Scout, demonstrate the verbal signals used by each of the following:

Climbers

Rappellers

Belayers

Boulderers and their spotters

Rope. Do the following:

Describe the kinds of rope acceptable for use in climbing and rappelling.

Show how to examine a rope for signs of wear or damage.

Discuss ways to prevent a rope from being damaged.

Explain when and how a rope should be retired.

Properly coil a rope.

Knots. Demonstrate the ability to tie each of the following knots. Give at least one example of

how each knot is used in belaying, climbing, or rappelling.

Figure eight on a bight

Figure eight follow-through

Water knot

Double fisherman's knot (grapevine knot)

Safety knot

Harnesses. Correctly put on at least ONE of the following:

Commercially made climbing harness

Tied harness

Belaying. Do the following:

Explain the importance of belaying climbers and rappellers and when it is necessary.

Belay three different climbers ascending a rock face or climbing wall.

Belay three different rappellers descending a rock face or climbing wall using a top rope.

Climbing.

Show the correct way to directly tie into a belay rope.

Climb at least three different routes on a rock face or climbing wall, demonstrating good technique and using verbal signals with a belayer.

Rappelling.

Using a carabiner and a rappel device, secure your climbing harness to a rappel rope.

Tie into a belay rope set up to protect rappellers.

Rappel down three different rock faces or three rappel routes on a climbing wall.

Use verbal signals to communicate with a belayer, and demonstrate good rappelling technique.

Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling, and belaying.

# TROOP 805 2014/2015 Outings Activities Calendar

## November (Service/Kamikaze Platypi)

- 5 Miles Easy Hike (11/1 – Sat) – **Yellow Jackets** – J. Garrahan
- Webelos Open House (11/04 – Tue) **P. Alexander**
- Scouting for Food (11/08 – Sat: Distribute Flyers – 11/15 – Sat: Food Pickup) – **OA** – **B. Miyao**
- Mini Golf (11/15 – Sat) – **Kamikaze Platypi** – P. Alexander

## December (Easy Holidays/Scorpions)

- CO2 Car Racing (12/6 – Sat) **Dragons** – P. Alexander
- Bowling (12/7 – Sun) - **Yellow Jackets** C. Jasty, G. Natesen
- Sacramento Tour (12/13 – Sat) – **Scorpions** – R. Chan, J. Marshall

## January (Blasting into the New Year/Yellow Jackets)

- New Year – Easy Hike (01/10 – Sat) **Huskies** – New ASM
- 30<sup>th</sup> Anniversary CoH (01/06)

## February (Winter Sports/Kamikaze Platypi)

- 10 Mile Bike Ride (Sun 02/08) **Yellow Jackets** – K. Chan
- 30<sup>th</sup> Anniversary Party (Sat 02/07)
- Intermediate Snow Camping (Sat 02/14 – Mon 02/16) – **Kamikaze Platypi** – T. Gary, R. Mahoney
- Beginner Snow Camping – Snow Shoe (Sun 02/15 – Mon 02/16) – **Honey Badgers** – K. Screechfield, B. Miyao

## March (Trek Lightly/Dragons)

- Kiwanis Service – Youth to Youth (Sat 03/07) – **OA** – N. Matsunaga
- Shooting Sports Day (Canceled) – T. Huen
- 10 Mile Bike Ride (Sat 03/21) – **Lightning** – T. Gary
- Scout Skills (Fri 03/27 Sun 03/29) **Wolverines** – J. Marshall

## April (Skillz/Wolverines)

- School Service Project (Tue 04/07) – **OA** – T. Huen
- Sunol Backpacking & Morgan Territory Backpacking (Sat 04/11 – Sun 04/12) – **BPs** – K. Screechfield, R. Mahoney, R. Chan and T. Gary
- 15 Mile Bike Ride (Sat 04/18) – **Huskies** – TBD
- Camporee (Fri 04/24 – Sun 04/26) – **Scorpions** – J. Garrahan and R. Chan

## May (Water Fun/Lightning)

- 15 Mile Bike Ride (Sat 05/09) – **Dragons** – S. Kim
- Art & Wind Festival – Food Booth (Sun 05/24 – Mon 05/25) – **OA** – E. Laubach
- Relay for Life (Sat 05/30 – Sun 05/31) – **OA** – K. Screechfield
- Pt. Reyes – 10 Mile Backpacking (Sat 05/30 – Sun 05/31) – **BPs** – T. Gary and R. Chan

## June (Camping/Huskies)

- Canceled: Fages II (Sat 06/06) – **OA** – A. Carstensen
- **Camp Cherry Valley (Sun 06/21 – Sat 06/27)**

## July (Fishing/Radioactive Gummies)

- July 4<sup>th</sup> Parade (Sat 07/04) – **OA** - S. Evans
- 25 Mile Bike Ride (Sat 07/11) **Goodmen** – C. Jasty
- **Camp Wente (Sun 07/12 – Sat 07/18)**
- Plumas 25 Mile Backpacking (Fri 07/24 – Mon 07/27) **BPs** - R. Chan
- Donnor Fishing (Fri 07/24 – Sun 07/26) – **Radioactive Gummy** – G. Aikin, K. Screechfield

## August (Science/Dragons)

- Emigrant Wilderness 50 Miler Backpacking (Sat 8/08 – Sat 8/15) – **BPs** – R. Mahoney, R. Chan
- 2 x 25 Bike Ride - (Sat 08/22 – Sun 08/23) **Flaming Arrows** - T. Gary, R. Mahoney

## September (Rocking it/Dragons)

- 9/11 Memorial Service (09/11) – **OA** – S. Kim
- Mt. Diablo Overnighter (Fri 9/18 – Sat 9/19) – **Cobras** – J. Marshall, B. Miyao
- Advance Camp – (Sat 09/26) **Dragons** – S. Kim

## October (Haunted/Goodmen)

- Black Diamond Mine (Sat 10/10 – Sun 10/11) – **Radioactive Gummy** – T. Huen
- USS Hornet (Sat 10/24 – Sun 10/25) – **Goodmen** – New ASM
- 50 Mile Bike Ride (Sat 10/24) – **Wolverines** J. Marshall, R. Chan



